

It's Never Too Late to Quit Smoking!

Here's Why!

317.234.1787
www.itpc.in.gov
 1-800-Quit-Now
www.voice.tv



Within 20 minutes
<ul style="list-style-type: none"> • Blood pressure decreases to normal • Heartbeat stabilizes • Temperature of hands and feet increase to normal
Within 8 hours
<ul style="list-style-type: none"> • Carbon Monoxide level in the blood decreases to normal • Oxygen level in the blood increases to normal • Mucus begins to clear from the lungs improving breathing
Within 24 hours
<ul style="list-style-type: none"> • Chance of a heart attack decreases
Within 48 hours
<ul style="list-style-type: none"> • Sense of smell and taste improve • Nerve endings begin regrowing
Within 3 months
<ul style="list-style-type: none"> • Circulation improves • Walking becomes easier • Lung function improves • Immune system improves
Within 9 months
<ul style="list-style-type: none"> • Coughing, sinus congestion, wheezing, fatigue and shortness of breath decreases • Cilia regain normal function in the lungs, increasing the ability to handle mucus and clean the lungs
At 1 year
<ul style="list-style-type: none"> • Risk of coronary heart disease is lowered to half that of a smoker
At 5 years
<ul style="list-style-type: none"> • Risk of stroke is reduced to that of a person who has never smoked
At 10 years
<ul style="list-style-type: none"> • Risk of lung cancer drops to half that of a current smoker • Risk of a mouth, throat, esophagus, bladder, kidney and pancreatic cancer decreases • Risk of ulcers decreases
At 15 years
<ul style="list-style-type: none"> • Risk of coronary heart disease is similar to those who have never smoked • Risk of death returns to similar level to those who have never smoked